Rehabilitation Protocol: Medial Patellofemoral Ligament Reconstruction

Name: ____________________________________________________________              Date: __________________________

Diagnosis: _______________________________________________________              Date of Surgery: ______________________

**Phase I (Weeks 0-2)**
- **Weightbearing:** Toe-touch weightbearing with crutches
- **Hinged Knee Brace:**
  - Locked in full extension for ambulation and sleeping
- **Range of Motion** – PROM/AAROM
- **Therapeutic Exercises**
  - Quad/Hamstring sets
  - Heel slides/Prone hangs/Patellar mobilization
  - Straight-Leg Raise with brace in full extension until quad strength prevents extension lag

**Phase II (Weeks 2-6)**
- **Weightbearing:** As tolerated – wean from crutch use
- **Hinged Knee Brace:** Unlocked
- **Range of Motion** – PROM/AAROM/AROM: Maintain full knee extension – work on progressive knee flexion (goal of 90 degrees by week 6)
- **Therapeutic Exercises**
  - LIMIT WEIGHBEARING EXERCISE TO FLEXION ANGLES < 90 DEGREES
  - Isometric quadriceps strengthening
  - Heel slides/Prone hangs
  - Patellar mobilization

**Phase III (Weeks 6-12)**
- **Weightbearing:** Full weightbearing without crutches
- **Discontinue Knee Brace – Convert to Patellar Stabilization Sleeve (Reaction Brace)**
- **Range of Motion** – Advance to Full/Painless ROM
- **Therapeutic Exercises**
  - Wall sits/Lunges
  - Proprioception training
  - Stationary bicycle

**Phase IV (Months 3-4)**
- Advance closed chain strengthening – leg press, leg curls
- Plyometric and proprioception training
- Treadmill jogging/Elliptical

**Phase V (Months 4-6)**
- Gradual return to athletic activity as tolerated
- Maintenance program for strength and endurance

Comments:

Frequency: _____ times per week          Duration: ______ weeks

Signature: _______________________________              Date: __________________________